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August 6, 2015

'National Night Out' Event Builds Police, Community Relations

By Andrew
Damstedt
NSAB Public Affairs
staff writer

Children received balloon animals from clowns, while others took in a military working dog demonstration, and still more toured the inside of fire and police vehicles as part of Naval Support Activity Bethesda's (NSAB) first National Night Out event, Aug. 4.

Master-at-Arms 2nd Class Colleen Dibble, NSAB crime prevention officer, said the event was focused on community policing to make the police department more approachable, "instead of always being the guys writing your tickets."

"We want to help you guys out, we want to show everyone what we do," said Dibble, who organized the event, which took place outside the USO Warrior and Family Center at Bethesda.

In addition to NSAB


See **NIGHT** page 6



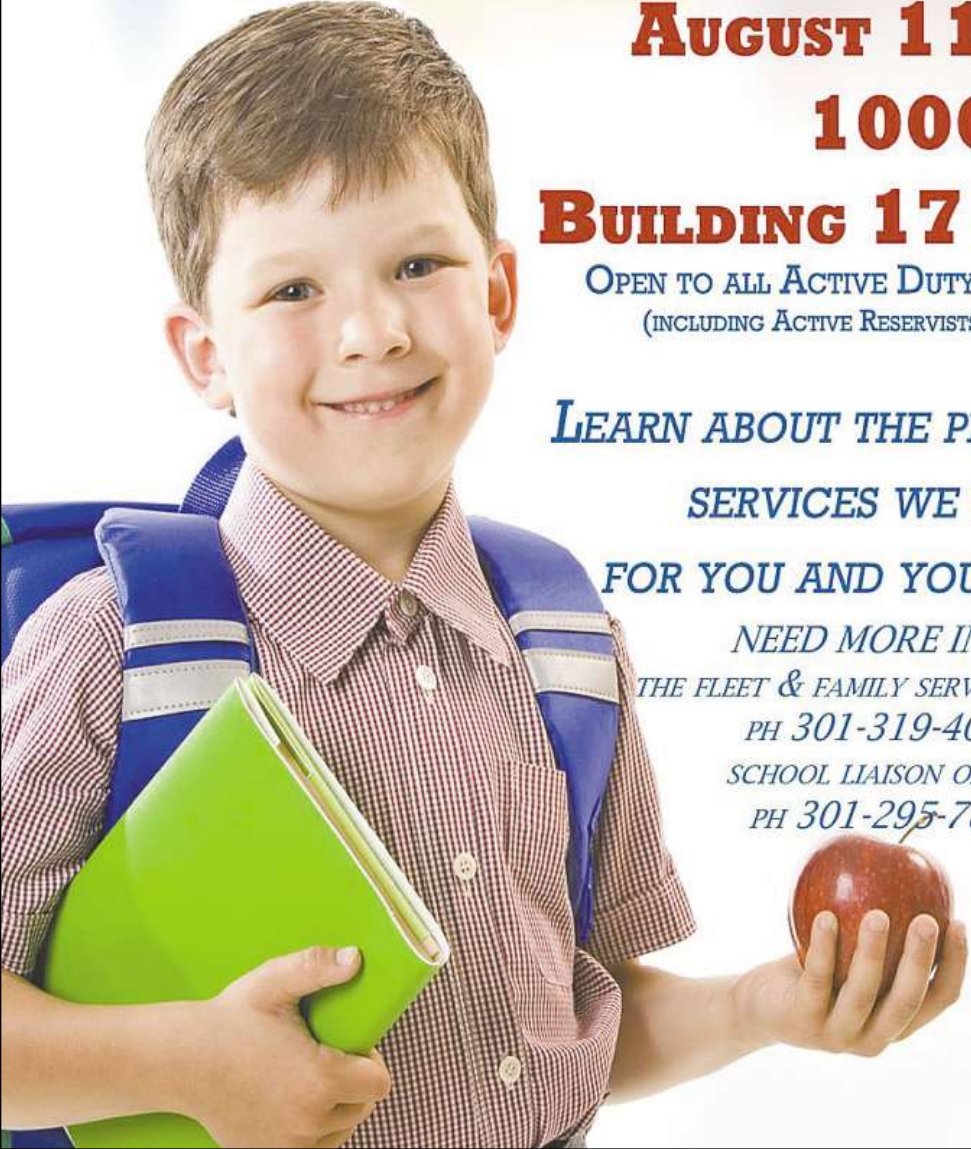

Photos by MC3 Hank Gettys

Naval Support Activity Bethesda (NSAB) police and base organizations, several local law enforcement agencies as well as several local organizations, businesses and restaurants attended NSAB's first National Night Out event August 4, providing activities, information, promotional items and food. The National Night Out campaign, started 32 years ago, was created by the nonprofit National Association of Town Watch, which seeks to promote police-community partnerships to make neighborhoods safe.






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Bethesda Notebook

‘Cancer 101’
The cancer support group’s quarterly guest speaker program will be held today from 7 to 8:30 p.m. Dr. Stephen Lewis, radiation oncologist at Walter Reed National Military Medical Center (WRNMMC), will discuss “Cancer 101: Understanding Emerging Therapies in 2015.” The presentation will be at WRNMMC in the America Building, second floor, Room 2525. It will also be shown at Fort Belvoir Community Hospital via video teleconference (in the Oaks Pavilion, first floor, Room 332). Military ID is required for base access to WRNMMC. For more information, contact retired Col. Jane Hudak at 301-319-2918, or at jane.l.hudak.ctr@mail.mil.

Birth Month Training
Birth Month Training for all staff at Walter Reed National Military Medical Center must be completed before Oct. 1 (even if your month is October, November or December). The dates for the training are Aug. 13, 19, 20, 27 and Sept. 1 in Clark Auditorium; Sept. 9 in Memorial Auditorium; Sept. 10 and 24 in Clark Auditorium; and Sept. 30 in Memorial Auditorium. Times for all sessions are from 8 a.m. to 12:15 p.m. For more information contact Hospital Corpsman 1st Class William Davis at William.f.davis3.mil.mil@mail.mil or Rebecca Croyle at Rebecca.e.croyle.civ@mail.mil.

Women’s Equality Day
The Multi-Cultural Committee at Walter Reed National Military Medical Center will host a Women’s Equality Day (Aug. 26) observance on Aug. 27 at 11:30 a.m. in the America Building (Bldg. 19), in the lobby. Master Sgt. Staci Harrison will be the guest speaker and the Tia Dae Band is scheduled to perform. For more information, contact Chief Hospital Corpsman Reese at 301-319-2624 or Hospital Corpsman 2nd Class Silvey at 301-295-4263.

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Admiral Talks Healthy Aging

By Sharon
Renee Taylor
WRNMMC Public
Affairs Staff Writer

Keeping a healthy, active military force was the topic presented by Navy Rear Adm. (Dr.) Raquel C. Bono, director of the Defense Health Agency's (DHA) National Capital Region Medical Directorate (NCR-MD), at the Healthy Aging Summit in Washington, D.C. on July 27.

Bono presented the Military Health System's Healthy Aging program in four parts with a review of physical requirements, conditioning of the active force, a 2011 Department of Defense (DOD) survey, and DHA's Healthy Base Initiative (HBI), Operation Live Well (OLW).

"We certainly want to be able to promote the role of prevention and preventative service because we recognize the impact that having healthy habits now, and

being able to address health care in the now, has tremendous consequences, repercussions and benefits down the road," Bono said.

One of the goals for the summit was to explore the science of healthy aging, which has a big impact on the military, according to the rear admiral. She also indicated that it was important to identify knowledge gaps.

Service members are subject to rigorous physical requirements and receive a Periodic Health Assessment (PHA) once or twice a year, depending on branch. Comparing the military population with the general population, 25 fewer service members were assessed as overweight than the general population. The rate of obesity, high blood pressure and high cholesterol in the general population was significantly higher than the military, measuring 50 percent or more, ac-

cording to the 2011 survey, the DOD conducted with the National Institutes of Health. Bono said military members are conditioned to be the best, with demanding fitness assessment tests across the board, differing slightly according to service.

Bono said conditioning people has an impact on how they age. "A greater percent of what we do or don't do has an impact on how we age rather than our genetics," she said.

Heredity determined 25 percent of aging in service members, according to Bono. Deployment, job-related conditions or injuries, depression, stress and tobacco-related illness all impact the aging process.

Tobacco use within the military was 5 percent higher than the general population; 25 percent of service members smoke cigarettes, compared to 20 percent of civilians. More service members



Photo by Sharon Renee Taylor

Navy Rear Adm. (Dr.) Raquel C. Bono, director of the Defense Health Agency's (DHA) National Capital Region Medical Directorate (NCR-MD), discusses keeping a healthy, active military force during the Healthy Aging Summit in Washington, D.C. July 27.

used smokeless tobacco, about 12.8 percent, compared to 10.5 percent in the general U.S. population.

The DHA launched OLW to ensure the health of U.S. troops is the country's best defense. The program offers tools and apps, resources and initiatives and environmental changes, as well as

events and activities to make healthy choices easier for service members.

Eight individual efforts and more than 30 initiatives and programs support OLW to promote active living, healthy eating, tobacco-free living, and healthy communities. With an end goal to improve readiness and achieve Total

Force Fitness, HBI was launched at 14 test sites within the DOD.

Bono ended the presentation with several success stories that show initiatives that work, she explained... Recess Before Lunch implemented at an elementary school in Japan increased students' healthy eating.

Purple Heart Day

‘Symbol of Sacrifice’ Established 233 Years Ago

By Joseph Nieves
WRNMMC Public
Affairs staff writer

Purple Heart Day is celebrated Aug. 7, honoring those who have received the decoration, as well as observing the day 233 years ago when the decoration was established by General George Washington, then commander-in-chief of the Continental Army.

The Purple Heart, a symbol of the sacrifice of American service members in combat, is awarded to service members who have been killed or wounded in action against an enemy. It is the oldest American military decoration for military merit. The badge is also awarded to prisoners of war who suffered maltreatment while imprisoned.

"It's kind of a brotherhood all its own because you're not just connecting with guys who are injured in the same fight as you... you're connected with Vietnam and World War II veterans, too," said retired Marine Cpl. Clark Cavalier. The Marine received the Purple Heart after being badly wounded by a roadside bomb in Afghanistan in 2011.

The history of the Purple Heart has been long and storied. Created in 1782 by General George Washington, the decoration was originally named the "Badge for Military Merit." The badge was awarded to only three soldiers during the Revolutionary War: William Brown, Daniel Bissell, Jr., and Elijah Churchill; their names and regiments

inscribed into the "Book of Merit."

The Book of Merit was lost and its history faded into memory until Feb. 22, 1932, George Washington's 200th birthday, when the U.S. War Department announced the creation of the "Order of the Purple Heart."

"It means a lot, always," said retired U.S. Army Sgt. Brendan Marrocco. "You get hurt defending your country, there's honor in that." He received the Purple Heart after being severely injured by an explosive formed projectile while deployed in Iraq in 2009.

The Purple Heart now displays a bust of General George Washington and his coat of arms (a white shield with two red bars and three red stars) between sprays of green

leaves. The reverse consists of a raised bronze heart with the words FOR MILITARY MERIT below the coat of arms and leaves. The medal is attached to a purple ribbon bordered in white stripes.

Notable recipients of the Purple Heart include President John F. Kennedy, football players Rocky Bleier and Pat Tillman, actors Audie Murphy, Charles Bronson, Lee Marvin and James Garner, Secretary of State John Kerry, combat nurse Cordelia Cook (first woman recipient of the Bronze Star Medal and the Purple Heart), Sen. John McCain, Gen. Norman Schwarzkopf Jr., and former Secretary of State, Gen. Colin Powell.



Courtesy photo

Purple Heart Day is celebrated Aug. 7 to honor those who have received the oldest American military decoration for military merit.

Joint Officer Professional Development Symposium

Creating Lasting Relationships, Key to Success

By MC1(AW)
Chris Krucke
WRNMMC Public
Affairs staff writer

Junior and senior officers, along with officer candidates, received career advice from retired Navy Rear Adm. Elizabeth Niemeyer and retired Master Chief Clinton Garrett during the Joint Officer Professional Development Symposium (JOIPDS) recently held at the Uniformed Service University.

The symposium was open to all military officers and civilians. The National Naval Officer Association (NNOA) and the Junior Officer Council (JOC) hosted the event.

Garrett, Navy Medicine Joint Medical Executive Skill program manager, spoke at the event. He said the NNOA and JOC “are about mentorship and professional development of officers of all services.”

Niemeyer said the symposium was an opportunity for the attendees to look at their

careers, from what’s immediately in front of them, and the longevity of what’s ahead of them.

The JOIPDS also emphasized the importance of the Joint Medical Executive Skills Program (JMESP) competencies, which are critical as they progress through the ranks into senior roles as future executive leaders in military medicine, Garrett explained.

“I feel that the presentation on the JMESP was extremely informative and vital to the junior officers, many of whom have never even heard of the program prior to the symposium,” said attendee Navy Lt. j.g. Neville S. Willoughby, of NAVMED Accessions Department, Bureau of Medicine and Surgery (BUMED) Bethesda Detachment. “I strongly recommend that this program be marketed and presented in several other leadership forums in order to raise awareness.”

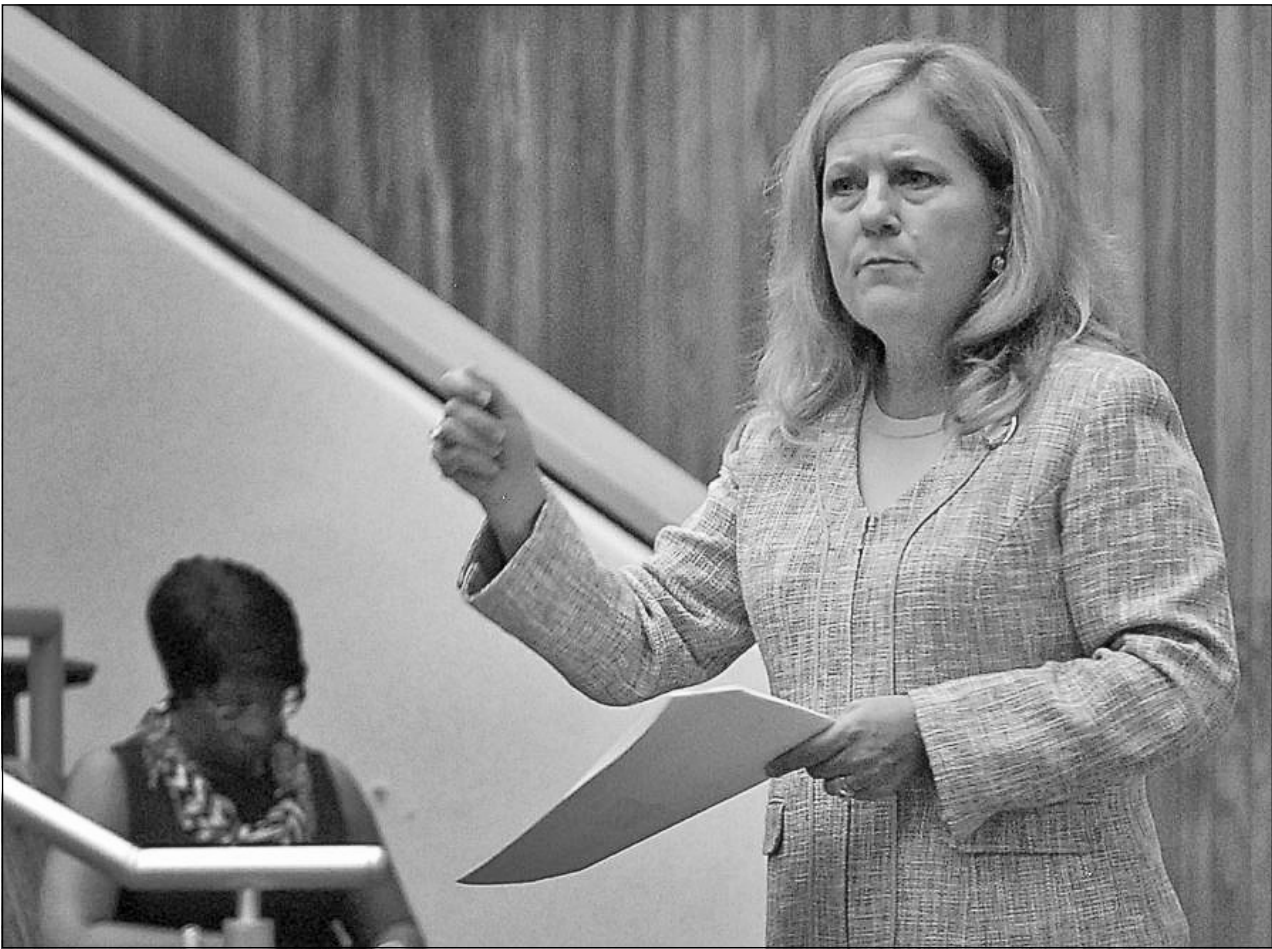


Photo by MC1 Christopher Krucke

Retired Navy Rear Adm. Elizabeth Niemeyer speaks about mentorship, persistence, teamwork and hard work during the Joint Officer Professional Development Symposium (JOIPDS) recently held at the Uniformed Service University for the Health Sciences (USU).

The symposium also demonstrated the collegial relationships that can last for years during military service and beyond, according to Garrett.

See JOPDS page 5

Are Your Kids Back-To-School Immunized?

By Sarah Marshall
WRNMMC Public
Affairs staff writer

School season is just around the corner, and parents are stocking up on supplies and backpacks. At Walter Reed National Military Medical Center (WRNMMC), the Allergy/Immunizations clinic is reminding parents to bring their kids in – and to bring them in early – for their school shots.

Parents should bring their children in a few weeks before school starts to ensure there are no issues returning to school, explained Hospital Corpsman 3rd Class Michael Hunt, leading petty officer in Allergy/Immunizations. Also, it’s important they have enough time

to correct and clear any medical conditions before the school year starts.

Hunt suggests contacting your child’s school to find out what immunizations they need for their grade, then come into the clinic to get what they need.

“It’s better to know what your child needs ... and you can enjoy the rest of your summer,” Hunt said. “Then, you don’t have to worry about that on top of the stress of back-to-school shopping.”

The corpsman also advises that if you wait too late in the summer to bring your kids in to the clinic, you’ll run up against flu season. Parents who wait until then

See IMMUNIZED page 5



Photo by Sarah Marshall

Ryan Michalowicz, 11, barely flinched as he recently received his back-to-school shots, administered by HN Michael Kruszewski, a technician in Allergy/Immunizations at Walter Reed National Military Medical Center.

JOPDS

Continued from pg. 4

The retired master chief first met Niemeyer at Naval Hospital Camp Pendleton, his second duty station. He said over the course of their careers they crossed paths while supporting Navy Medicine’s ever-changing mission. “It was nice to see our careers parallel in their different, but similar ways,” he said.

“I liked the fact that the two presenters actually had history serving together, which fit nicely into the presentation and reinforced many of the key points that were discussed,” Willoughby said.

Niemeyer discussed several key lessons learned from her 32 years of experience on active duty as a nurse corps officer: persistence and hard

work pays off; take the tough assignments; find a mentor and be a mentor; collaboration and teamwork are key; and stay positive in everything you do.

Her final lesson, what she said she considered to be the most important lesson she has learned, was “Bloom where you are planted.”

Niemeyer explained this means to take advantage of whatever job you are assigned, and do it to your absolute best. You may not at first recognize how important that role is or what you may learn from it, but it may pay dividends down the road, she said.

Garrett added fostering relationships as either an officer or an enlisted service member traverses through career pathways and learning continuums. They may end up executing military medicine missions as a service surgeon general or senior enlisted.

IMMUNIZED

Continued from pg. 4

will experience longer wait times, as they’ll have those in addition to their school immunizations.

When bringing your children in for their shots, Hunt said parents can bring in their yellow shot cards – a record of their child’s immunizations. If need be, they can get a new one when they come in for their shots, Hunt said. If a child has had immunizations at another site, such as a private pharmacy or drug store, they will just need to bring in

that documentation, to keep record of it in the medical center’s electronic medical record system.

It’s important to keep your children immunized, Hunt said. As a parent, you want to protect your child, and you also want to protect other children. Even if your child isn’t susceptible to a disease, they may still be a carrier, and could affect the many others they associate with at school.

The Allergy/Immunizations clinic takes patients on a walk-in basis, Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 301-295-4511.

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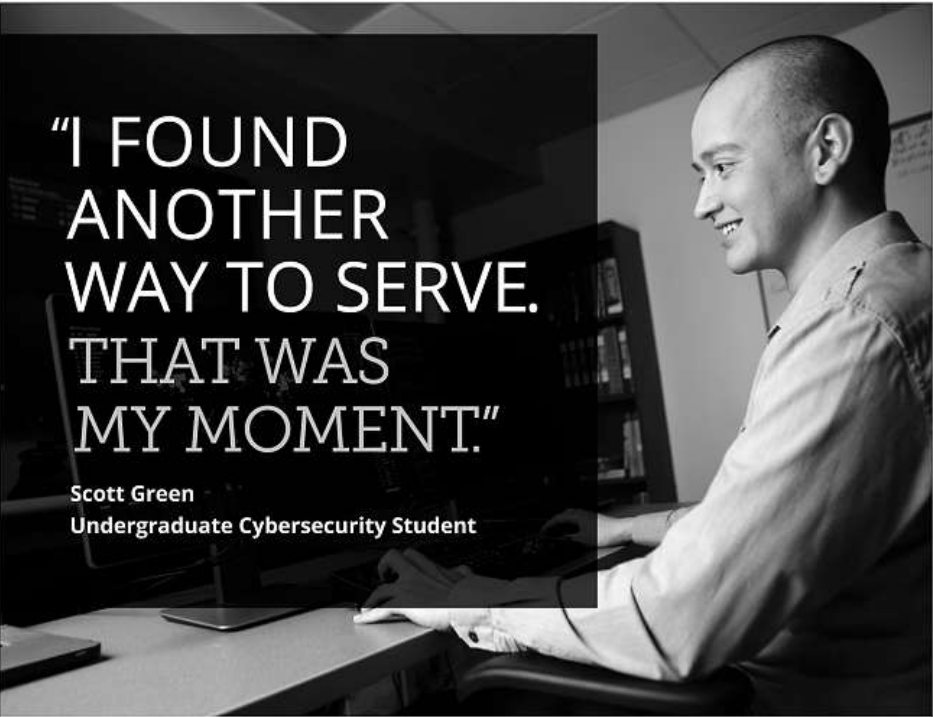
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Photos by MC3 Hank Gettys

Attendees of the National Night Out on Naval Support Activity Bethesda Aug. 4 visited information booths and interacted with organizations from the Bethesda community.



NIGHT

Continued from pg. 1

police and base organizations, several local law enforcement agencies as well several local organizations, businesses and restaurants attended the event, providing activities, information, promotional items and food.

The National Night Out campaign, started 32 years ago, was created by the nonprofit National Association of Town Watch, which seeks to promote police-community partnerships to make neighborhoods safe.

Toshiko Lewis, who's staying at the Navy Gateway Inn & Suites on base, stopped by with her children and said she had a good time and enjoyed the food. Her son, Justyn Lewis, said he "liked the food. It was all really good," and that he particularly enjoyed the sandwiches.

The food was donated by several downtown Bethesda restaurants, which included pasta, sandwiches, salad, and ice cream, among other items.

Just past the food station, three military working dogs with their handlers showed how they work together and the equipment they use in

different situations. The demonstration showed how the dogs are taught to approach suspects in various scenarios as well as how they can locate explosives in a suitcase.

"We do a lot of stuff on base — a lot of base security, vehicle patrols, walking patrols, anti-terrorism sweeps but we also support a lot of local agencies out in town for explosive sweeps, bomb threats," said Sgt. Brandon Deleon with U.S. Marine Corps Quantico Military Working Dogs.

"We also support Secret Service for presidential missions. We'll go with them and go all over the world and all over the country."

NSAB Executive Director Bill Meekins signed a National Night Out proclamation and reminded those assembled of the "If You See Something, Say Something," campaign, and to dial 777 from any base phone for emergencies or 301-295-1246 for non-emergencies.

Meekins thanked all the organizations for coming to NSAB's National Night Out event, but more importantly, for their work in providing a safe and secure community.

"The turnout was exceptional," Dibble said. "Everyone came together and it's been a really awesome event."



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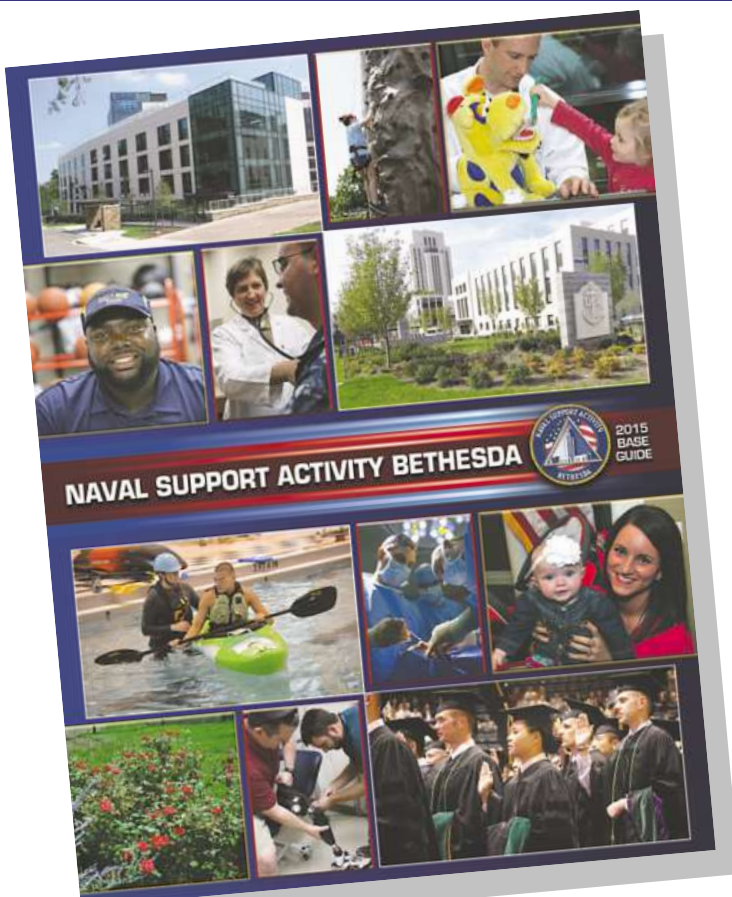


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